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Living as a Myelodysplastic Syndrome (MDS) Survivor

doesn't know about your medical history. It's important to keep copies of your medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records](#)⁵.

Can I lower my risk of the MDS progressing?

If you have MDS, you probably want to know if there are things you can do to reduce your risk of it progressing, such as exercising, eating a certain type of diet, or taking nutritional supplements. At this time, not enough is known about MDS to say for sure if there are things you can do will help.

Adopting healthy behaviors such as [not smoking](#)⁶, [eating well, getting regular physical activity, and staying at a healthy weight](#)⁷ may help, but no one knows for sure. However, we do know that these types of changes can have many other positive effects on your health, including helping you feel better.

About dietary supplements

So far, no [dietary supplements](#)⁸ (including vitamins, minerals, and herbal products) have been shown to clearly help lower the risk of MDS progressing. This doesn't mean that supplements couldn't be helpful in other ways, though.

Dietary supplements are not regulated like medicines in the United States – they don't have to be proven effective (or even safe) before being sold, although there are limits on what they're allowed to claim they can do.

If you're thinking about taking any type of nutritional supplement, talk to your health care team. They can help you decide which ones you can use safely while avoiding those that might be harmful.

Getting emotional support

Feeling depressed, anxious, or worried is normal when MDS is a part of your life. Some people are affected more than others. But everyone can benefit from help and support from other people, whether friends and family, religious groups, support groups, professional counselors, or others. To learn more about this, see [Coping and Living Well During Cancer Treatment](#)⁹.

Hyperlinks

1. www.cancer.org/cancer/types/myelodysplastic-syndrome/treating/chemotherapy.html
2. www.cancer.org/cancer/types/myelodysplastic-syndrome/treating/supportive-therapy.html
3. www.cancer.org/cancer/survivorship/long-term-health-concerns/cancer-as-a-chronic-illness.html
4. www.cancer.org/cancer/financial-insurance-matters/understanding-health-insurance.html
5. www.cancer.org/cancer/survivorship/long-term-health-concerns/keeping-copies-of-important-medical-records.html
6. www.cancer.org/cancer/risk-prevention/tobacco.html
7. www.cancer.org/cancer/risk-prevention/diet-physical-activity.html
8. www.cancer.org/cancer/managing-cancer/treatment-types/complementary-and-integrative-medicine/dietary-supplements.html
9. www.cancer.org/cancer/survivorship/coping.html

References

National Cancer Institute. Myelodysplastic Syndromes Treatment (PDQ®)—Health Professional Version. 2022. Accessed at <https://www.cancer.gov/types/myeloproliferative/hp/myelodysplastic-treatment-pdq> on

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